

**ABSTRACT OF THE DISCLOSURE**

5 A spring washer for producing a load in an axial direction which includes an outer spring body extending about a central washer axis parallel to the axial direction. The washer further includes a central opening coaxial to the washer axis for accepting at least a portion of an elongated object extending in the axial direction. The washer has a plurality of circumferentially spaced spring fingers each extending inwardly towards the central washer opening. Each finger including a finger base attached to the outer body and a finger end adjacent to the central opening. The finger end of every other one of the plurality of spring fingers being axially spaced on either side of said outer spring body.

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